

For Immediate Release

Contact: (Your name and phone number)

“Cover a Cough and Clean your Hands” Can Prevent the Spread of Flu, Colds

“This fall, flu vaccine shortages are a fact of life. As flu and cold season approaches, remember to “Cover Your Cough and Clean Your Hands” to keep respiratory infections and other contagious diseases from spreading,” said _____ Emergency Management Director.

Influenza (flu), colds, pertussis (whooping cough) and severe acute respiratory syndrome (SARS) are respiratory infections, which can be spread from person-to-person. Last year, some central Missouri schools experienced a “whooping cough” outbreak. If you or your children are sick, please stay at home and rest. If you go to a clinic or hospital, you might be asked to wear a face mask in the waiting room to stop germs from spreading.

Tips for “Respiratory Etiquette” or “Health Good Manners”:

- Cover your nose and mouth with a tissue when you sneeze or cough; or
- Cough or sneeze into your upper sleeve not your hands if you do not have a tissue.
- Put used tissues in the wastebasket.
- Wash your hands with warm soap and water or use alcohol-based sanitizers to wash your hands.
- Stay at home if you have a cough or fever.
- See your doctor if you have a cough or fever and follow all instructions for prescribed medicine and rest.
- Wash your hands often – especially before and after eating, touching eyes, nose or mouth.
- Wash your hands after touching someone who has sneezed.
- Don’t share food, utensils or beverage containers.
- Don’t share cigarettes, towels, lipstick, toys or anything else that might be contaminated with respiratory germs.